

Tulare County Employee Wellness Program

NUTRITION & HEALTHY EATING



JANUARY 2015 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New “Wellness Works Program” — See Pages 2 & 3 for more information.				1 New Year's Day County Holiday	2	3
4	5	6	7 Weight Watcher's Information Meeting Visalia District Office & HR&D	8 Weight Watcher's Information Meeting Visalia Government Plaza	9	10
11	12	13	14 Weight Watcher's Week 1 Visalia District Office & HR&D	15 Weight Watcher's Week 1 Visalia Government Plaza	16	17
18	19 Martin Luther King Jr. County Holiday	20	21 Weight Watcher's Week 2 Visalia District Office & HR&D	22 Weight Watcher's Week 2 Visalia Government Plaza	23	24
25	26	27	28 Weight Watcher's Week 3 Visalia District Office & HR&D	29 Weight Watcher's Week 3 Visalia Government Plaza	30	31

NEW: Wellness Works Program



At the County of Tulare, we care about employee health and well-being. Wellness is an integral part of our benefits program and we are excited to offer “Wellness Works” to employees.

County of Tulare and the SJVIA has partnered with Viverae, a wellness program provider, to provide you with the tools you need to take care of your most important resource—your health!

“Wellness Works” will deliver a custom experience for each participant through a secure website that offers a variety of health tools, such as risk assessments, nutrition, physical activity trackers, and educational resources that make participating in the wellness program easy and fun!

As Part of “Wellness Works” you will be able to participate in online wellness challenges including our annual “Walking Works Challenge.”

Challenge 1:	Be Active	2/16/2015—3/15/2015
Challenge 2:	Step Ahead	4/20/2015—5/17/2015
Challenge 3:	15 for Me	6/22/2015—7/19/2015
Challenge 4:	Weigh-2-Win	9/21/2015—12/13/2015

In addition to the above challenges that you have the opportunity to participate in, you will be able to create custom challenges for you and your friends, your co-workers, department, and or your unit. Viverae gives you the ability to track your health the way you want to!

By participating in these healthy events, and completing healthy activities on your own, you can accumulate points to receive incentives of up to \$100!

See Page 3 for more information.

Learn More



Questions about your health management program? Watch our “Health Management Program” video at <http://myviveraecomunications.com/myviverae.html>

Weight Watchers At Work

Program: \$156 for 12-Week Program Onsite
Incentive 1: 100% refund for completing the 12-week program.
Incentive 2: \$100 for 12 month maintenance of weight loss

<u>Location 1</u>	<u>Location 2</u>	<u>Location 3</u>
January 14—April 1 Visalia District Office 1845 N Dinuba Blvd. 12:00-1:00 pm	January 14-April 1 HR&D 2900 W Burrel, Visalia 5:30-6:30 pm	January 15-April 2 Visalia Gov’t Plaza 5959 S Mooney Blvd 12:00-1:00 pm
<u>Information Meetings:</u> 1/7/2015 12:00-1:00 PM	<u>Information Meeting:</u> 1/7/2015 5:30-6:30 PM	<u>Information Meeting:</u> 1/8/2015 12:00-1:00 PM

To participate, you must attend an Information Meeting.

To register for the program and attend an information meeting:

1. Select the link: [Weight Watchers At Work Information Meeting](#); or
2. Call Kelli Barker at 559-636-4932 or 636-4911; or
3. Email OEHealth@co.tulare.ca.us.

****Available to Active Tulare County Employees.**

Coming in February:

Onsite Biometric Screenings

2/2/2015—3/11/2015

Onsite Mammography Screenings

2/23/2015—3/5/2015

Information on how to register for these upcoming events will be provided in the coming weeks.

Wellness Works Program FAQ's



What is Viverae?

Viverae is a leading health management services provider. They

offer in-depth online health tools to help improve your health. All health plan-covered employees can access these resources beginning 1/1/15. Specific information regarding the Wellness Works program will be forthcoming.

What is the Viverae Health Center?

The Viverae Health Center is an online health and wellness resource. The Viverae Health Center's staff includes various highly trained Health Professionals, such as health and exercise specialists, registered nurses, and registered dietitians.

Who can participate in the program?

All SJVIA health plan-covered employees may participate in the Member Health Assessment (MHA) and Biometric Screening. You may also take part in health and wellness activities on the County of Tulare website.

How do I earn my incentive?

After completing the MHA and Biometric Screen you will receive a \$50 incentive a second \$50 incentive is available after earning 200 points in the program (more information on earning points will be made available soon)

What is a Member Health Assessment (MHA)?

The MHA identifies behavior that could raise health risks. Your MHA provides suggestions for day-to-day changes to improve your health and well-being. The MHA provides a Health Score that works with your health management program's tools.

What is the Biometric Screening?

It is a short, simple health exam that helps identify your health status. The screening can reveal risk factors you may have for certain health conditions. Biometric Screenings will be held on site at various County of Tulare offices. You may still participate in a screening if you cannot attend an on-site event.

Your screening will check the following:

- Blood pressure
- Body composition, including height and weight, Body Mass Index (BMI), and waist circumference
- Blood profile, including HDL, LDL, and total cholesterol, triglycerides, and blood glucose levels.

Is my health information confidential?

Your Personal Health Information (PHI) is 100 percent confidential. Viverae adheres to Health Insurance Portability and Accountability Act (HIPAA) standards. They do not share PHI with anyone, including your employer.

What if I do not have access to the Internet?

Members with limited or no Internet access can still participate in Wellness Works. Members can receive health management program information by calling the Viverae Health Center at 888-VIVERAE (848-3723).

Additional activities that will be available to you:

- Targeted Programs
- Online Courses
- Webinars
- Supplemental Questionnaires
- And Healthy Events

Resources

- **Health Coaching**—A Team of Viverae Health Professionals, including registered dietitians, Registered nurses and exercise specialists, provide another supportive touch point to help foster healthy changes and awareness in members.
- **Disease Management**—Disease Management focuses on chronic condition and medical compliance, preventive care and chronic condition management.